

TRICARE regions have toll-free TRICARE Health Care Information Lines (HCIL) that provide medical advice and assistance for non-emergency situations that may be encountered -- saving the beneficiary both time and money. When an HCIL is contacted, the caller has the option to either listen to one of the hundreds of topics on health from the audio-health library or speak to a nurse that's on duty.

The HCILs provide 24/7 medical information service.

The HCILs do not serve as pre-certification or authorization for medical services.

Following list of available TRICARE HCILs (by region) is provided for your info:

Region 1 (Northeast) - 1-800-308-3518

Coverage: Northern portion of Virginia, Eastern portion of West Virginia, Maryland, Delaware, New Jersey, Pennsylvania, New York, Connecticut, Rhode Island, Massachusetts, New Hampshire, Vermont, Maine

Region 2 (Mid-Atlantic) - 1-800-931-9501 (Option 3)

Coverage: Southern Virginia and all of North Carolina

Region 3 (Southeast) and Region 4 (Gulfsouth) - 1-800-333-5331

Coverage: Alabama, Eastern Arkansas (near NSA Mid-South' Millington, TN), Florida, Georgia, Louisiana (Eastern)' Mississippi, South Carolina, Tennessee

Region 5 (Heartland) - 1-800-941-4501 (Option 3)

Coverage: Illinois, Indiana, Kentucky, Michigan, Ohio, West Virginia, Wisconsin and St. Louis area of Missouri (63000 - 63399)

Region 6 (Southwest) - 1-800-611-2875

Coverage: Arkansas, Louisiana (Western), Oklahoma, Texas (except El Paso)

Region 7/8 (Central) - 1-888-887-4111

Coverage: Arizona (except Yuma); Colorado, Idaho (except Northern Idaho);
Iowa, Kansas, Minnesota, Missouri (except St. Louis), Montana, Nebraska,
Nevada, New Mexico, North Dakota, South Dakota, Texas (El Paso area only),
Utah and Wyoming

Region 9 (Southern Cal) and Region 10 (Golden Gate) - 1-800-611-2883
Coverage: California

Region 11 (Northwest) - 1-800-750-6946
Coverage: Oregon, Washington, and Idaho (northern to include Boundary, Bonner, Kootenai, Benewah, Latah and Shoshone counties)

TRICARE Pacific (Alaska, Hawaii, and other Pacific areas)
1-800-822-2878 (Alaska)
1-800-611-2883 (Hawaii)
1-800-834-9785 (Guam)
005-3111-4621 (Japan)

Korea:
From a DSN Phone, call 550-HOME and then 1-800-917-9172 (NO COST)
From a Korean civilian telephone, call toll-free 003-081-10332 or
Dial 1-800-917-9172 while in the United States or from wherever 800
service
is available.

Pacific HCIL is also available at
<http://www.hcil-online.com/tricare-pacific>
<<http://www.hcil-online.com/tricare-pacific>>

Region 13 (TRICARE Europe)
Health Care Information Lines (HCIL) are also available in Europe.
Following are the in-country and CONUS toll-free numbers for TRICARE
Europe beneficiaries to use to access this service:

Country	Toll-free Number	Alternate Toll-free Number
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Belgium	0800-71920	0-800-100-10 then 1-800-625-7472
Denmark	800-17357	8001-0010 then 1-888-217-0048
Germany	0800-825-1600	0-800-2255-288 then 1-800-625-7461
Greece	008-001-1815-3044	00-800-1311 then 1-888-835-0923

Iceland	800-9001 then 1-888-866-7942	
Italy	800-877660	172-1011 then 1-800-625-7478
Netherlands	0800-0227944	0800-022-9111 then 1-800-711-6093
Norway	800-12635	800-190-11 then 1-888-217-0047
Portugal	0800-800128 then 1-888-866-7943	
Spain	900-93-1193	900-99-00-11 then 1-888-835-0925
Turkey	00-800-13815-9042	00-800-12277 then 1-888-835-0960
United Kingdom	0800-896409	0800-89-0011 then 1-800-625-7458
USA	888-866-7943	

Personal Health Advisor (PHA) for Europe is also available on-line at
<http://www.pha-online.com/tricare-europe>
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